

Top 10 High-Fibre Foods – Heart and Stroke Foundation

When it comes to fibre, small changes can make a big impact on your fibre intake and overall health. Fibre intake has been linked to reducing the risk of heart disease, diabetes, obesity and certain types of cancer.

Daily fibre intake goal:

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|---------------|--------------|-------------|--------------|
| Males 19-50 | 38 g per day | Males 50+ | 30 g per day |
| Females 19-50 | 25 g per day | Females 50+ | 21 g per day |

Here are ten switches you can make for the biggest fibre impact.

| Fibre-less food | Grams of fibre per serving | Fibre-rich food | Grams of fibre per serving |
|-----------------------|----------------------------|---------------------------------------|-----------------------------------|
| Meat or poultry | 0 g per 75 g or 2 ½ oz | Red kidney beans | 12 g per ¾ cup |
| Chicken noodle soup | 2 g per 1 cup | Lentil soup | 12 g per 1 cup |
| Corn Flakes cereal | 1 g per 1 cup | Fibre First/ Bran Buds Bran Flakes | 12 g per 1/3 cup 5 g per 1 cup |
| Chili con carne | 4 g per 1 cup | Vegetarian chili | 9 g per 1 cup |
| White pasta | 3 g per 1 ½ cups cooked | Whole wheat pasta | 8 g per 1 ½ cups cooked |
| Chocolate chip muffin | 2 g per muffin | Raisin bran muffin | 5 g per muffin |
| Apple juice | 0.1 g per ½ cup | Apple | 3 g per apple with skin |
| White rice | 0.8 g per 1 cup cooked | Brown rice | 3 g per 1 cup cooked |
| Chips - regular | 0.8 g per 10 chips | Microwave popcorn | 3 g per 2½ cups |
| White bread | 1 g per slice | 100% whole-grain bread | 2.2 g per slice |

Ten easy ways to incorporate fibre into your diet.

Adding fibre to your diet does not mean that you have to give up your favorite foods or change your lifestyle. Here are some easy ways to incorporate fibre into your diet.

1. Choose a fibre-rich cereal. Choose a cereal that has at least 4 g of fibre per serving.
2. Add a high-fibre cereal to your regular cereal. Choose a cereal that has at least 10 g of fibre per serving and sprinkle it on your regular cereal.
3. Eat more fruit. Have fruit for a snack or dessert and limit your intake of fruit juice. Don't forget to eat the skin on fruits such as apples and pears. That is where most of the fibre is.
4. Add one more vegetable to your diet today. Vegetables are low in calories and a good source of fibre and nutrition.
5. Add beans or lentils to your tossed salad, spaghetti sauce or soups.
6. Choose 100% whole-grain and 100% whole-wheat breads and pasta. The package should say 100% whole grain, or 100% whole wheat.
7. Add 75 mL (¼ cup) of wheat bran, oat bran or ground flax to your baking.
8. Use hummus or other bean dips for spreads on sandwiches instead of mustard and mayonnaise.
9. Add dried fruit, nuts or seeds to cereal, salads or yogurt.
10. Substitute half the white flour for whole wheat flour in your favourite recipes.

Remember to add fibre to your diet slowly, a little day by day, until you reach your daily fibre intake goal. Switching from a low to a high-fibre diet too quickly can cause constipation and cramps.